

# Big South Fork

Big South Fork National River  
and Recreation Area  
Kentucky/Tennessee



National Park Service  
U.S. Department of the Interior

## Welcome to Big South Fork NRRA

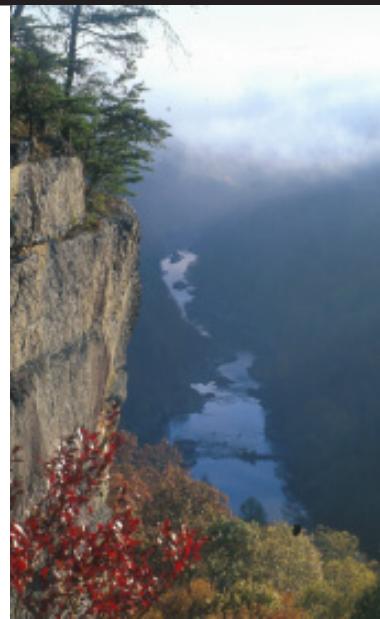
In 1974 the U.S. Congress acted to set aside a part of the Cumberland Plateau to provide for the protection, conservation, and interpretation of the natural and cultural resources; to maintain the Big South Fork River as a free-flowing stream; to protect the natural integrity of the scenic valleys and gorges; and to promote the development of the area's potential for healthy outdoor recreation.

Before you venture into the heart of the Big South Fork, please take the time not only to familiarize yourself with the information provided on this and other park bulletin boards, but also to assure you have the knowledge, skills and equipment necessary for your visit.

### Grand Gap Loop a Time-Sharing Trail Weekday use by both hikers and cyclists

The General Management Plan approved concept of "time-sharing" is being applied to the Grand Gap Loop Trail to combine the designated hiking use with mountain bike use on a limited basis. On weekends only hiking will be permitted. On weekdays the trail will be open to both hikers and cyclists.

Please remember that Big South Fork NRRA is a natural area with many hazards. Stay alert and take the necessary steps to remain safe while you enjoy this wonderful resource.



### Biking Information Grand Gap Loop Trail

Trail Length                            6.8 miles

IMBA Trail Difficulty Rating

Most trail segments	More Difficult
Some trail segments	Very Difficult



This narrow trail is for cyclists of intermediate/advanced skill levels only

**WARNING** - Some portions of the trail are near the prevailing cliff line. Use **EXTREME CAUTION** in these areas. Dismounting and portage may be necessary.

This is a **SHARED** loop with hikers. Bicycles are only allowed to use this trail Monday through Friday. Cyclists are **REQUIRED** to **YIELD** to **HIKERS**.

This trail is patrolled by volunteers associated with the National Park Service and the IMBA National Mountain Bike Patrol.

Weather conditions may dictate more cautious use. FOG/MIST occurs often and ICE may fall from overhanging ledges in winter months.

Help preserve the beauty of Big South Fork NRRA and pack out what you pack in.



OTHER VISITORS - Slow down & communicate when passing.  
THE LAND AND WILDLIFE - Leave no trace.  
TRAIL RULES - Be responsible.

